

Behavioral Health Indicators for Tennessee and the United States

2016 Data Book

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1. Introduction

The *2016 Data Book* compares Tennessee data to national data for the most recent five years available. The 2016 Data Book has been divided into three sections to facilitate its interpretation.

- ➡ **Quick facts:** This section includes a summary of the indicators where Tennessee ranked at the top or the bottom when compared with other states based on the most recent data available. It also examines patterns of ranking across years.
- ➡ **Dashboards:** This section includes tables or dashboards grouping indicators' most recent data available by type (substance use or mental health) and age group. The purpose of this section is to provide a brief profile of substance use and mental health in Tennessee by age group. Each dashboard includes the most recent percentages or rates available for the United States and Tennessee as well as the national rank.
- ➡ **Indicators:** Indicators have been categorized in sections that describe the type of indicator (substance use or mental health) and the age group. For each indicator, percentages indicating prevalence in the United States and Tennessee are provided for the most recent five years. A range that represents the highest and lowest percent or rate on each indicator for a given year is also provided along with the national ranking for each year.

It is important to note that Tennessee's national rank is computed by ranking all states reporting the indicator. When fewer than 50 states are ranked, the total number of states reporting is noted.

The Tennessee national ranking is highlighted as **blue** or **red** to signify whether Tennessee is at the top or bottom when compared with other states. **Blue** means Tennessee ranks among the top 10 states or top 20% of states reporting. No color means Tennessee ranks in the middle 30 states or 60% of states reporting. **Red** means that Tennessee ranks in the bottom 10 states or bottom 20% of states reporting.

Please note that the order of indicators varies by age group and data source:

- ➡ **National Survey on Drug Use and Health (NSDUH):** The data book focuses primarily on indicators from the NSDUH. It provides information for the age groups 12-17 years, 18-25 years, 18+ years and 26+ years; therefore, the order of NSDUH indicators is the same for these age groups.
- ➡ **Youth Risk Behavior Survey (YRBS):** To provide a closer look at youth in high school grades 9-12, additional data indicators from the YRBS were included.
- ➡ Additional data from "**The Annie E. Casey Foundation (KIDS COUNT Data Center)**" and "**The Henry J. Kaiser Foundation**" were included for the mental health section for children and youth ages 2-17.
- ➡ **Behavioral Risk Factor Surveillance System Survey (BRFSS):** To supplement mental health information about adults ages 18+, indicators from the BRFSS are displayed in addition to data from the NSDUH.

2. Quick facts

The "quick facts" section highlights indicators for which Tennessee ranks at the top or the bottom when compared with other states' most recent data or for which an interesting pattern across years was observed.

These highlights have been categorized in two groups: 1) indicators with a high rank, a low prevalence or improvements in ranking across years; and 2) indicators with a low rank, a high prevalence or decreases in ranking across years.

Indicators with low prevalence or positive outcomes

➡ In general, Tennessee's ranks among substance use indicators were consistently in the top 10 or middle 30 for most indicators (with the exception of the use of methamphetamines and prescription opioids by youth in high-school grades 9-12 which ranked in the bottom 10).

➡ Tennessee had a lower prevalence of alcohol use when compared with other states. The data indicates that among all age groups - youth (12-17), young adults (18-25) and adults (18+ and 26+), Tennessee had consistently ranked among the top ten states with a lower prevalence of alcohol use and binge drinking in the past month. Moreover, the percentages of people who reported alcohol use or binge drinking in Tennessee were better than the national average across the most recent five years of data available.

➡ Tennessee's percentages of people needing but not receiving alcohol treatment were lower than the national average for all age groups.

➡ Among adults (18+ and 26+ years), Tennessee ranked among the top ten states with a lower prevalence of individuals at great risk of having five or more drinks of an alcoholic beverage once or twice per week.

➡ A few indicators related to young adults (18-25) substance use behaviors improved. According to the most recent data, Tennessee was among the top ten states with the lowest prevalence rates of young adults who used marijuana and illicit drugs in the past month. In addition, Tennessee decreased prevalence rates regarding the use of pain relievers for nonmedical use in the past year and needing but not receiving substance abuse treatment for illicit drugs.

➡ Tennessee improved its rank regarding youth in high school (grades 9-12) who smoked a cigarette on at least one day in the past 30 days in 2013, moving up its rank from the bottom 20% to the middle 60% of states.

➡ The only mental health indicator where Tennessee had a lower percentage compared to other states was for youth ages 12-17 who had at least one major depressive episode in the past year.

The following table highlights the indicators where Tennessee ranks among the top 10, indicating a lower prevalence of substance use and mental health issues, when compared with other states (based on the most recent data available).

Table 1. Tennessee ranks among the top 10 states with low prevalence in:

Indicator	Youth Age 12-17	Young adults Age 18-25	Adults Age 18+	Adults Age 26+
Used alcohol in the past month.	✓	✓	✓	✓
Drank five or more drinks on one occasion in past month.	✓	✓	✓	✓
With a dependence on or abuse of alcohol in past year.		✓	✓	✓
Perceived great risk of having 5 or more alcoholic drinks once or twice a week.			✓	✓
Needing but not receiving substance abuse treatment for alcohol.			✓	✓
Used marijuana in past month.		✓	✓	✓
Used illicit drugs in past month.	✓	✓	✓	✓
Used illicit drugs other than marijuana in past month.			✓	✓
With a dependence on or abuse of illicit drugs or alcohol in past year.	✓	✓	✓	✓
Used cocaine in past year.	✓		✓	✓
Used cigarettes in past month.				
Youth who had at least one major depressive episode in past year.	✓			

Please note that Tennessee ranks in the middle or bottom 20% for most mental health indicators; see next page.

Indicators with high prevalence or negative outcomes in Tennessee

➡ Unlike substance use indicators, Tennessee's ranks among mental health indicators are consistently in the bottom 10 or middle 30 for most indicators.

➡ Tennessee ranked among the bottom ten states for children who received a mental health diagnosis by a doctor (e.g., autism, developmental delays, depression, anxiety, ADD/ADHD, or behavioral/conduct problems).

➡ Tennessee ranked among the bottom ten states for a few indicators addressing behavioral health issues for youth in high school (grades 9-12) during 2013. These indicators include:

- the use of methamphetamines;
- the use of non-medical prescription drugs during their lifetime;
- purging to lose or keep from gaining weight;
- fasting to lose or keep from gaining weight;
- attempted suicides that resulted in an injury that had to be treated by a doctor or nurse.

➡ In 2014, Tennessee was in the bottom 10 states with the highest number of reported poor mental health days for adults (18+). In addition, Tennessee ranked among the bottom 10 states with a high prevalence of adults (18+) who are limited in any activities because of physical, mental or emotional problems in 2014.

➡ A higher percentage of adults (26+) in Tennessee reported to be suffering from any mental illness in the last year.

➡ Tennessee had a high prevalence of adults (18+ and 26+) who had serious thoughts of suicide.

The following table highlights the indicators where Tennessee ranks in the bottom 10 states, indicating a high prevalence of substance use and mental health issues, when compared with other states based on the most recent data available.

Table 2. Tennessee ranks among the bottom 10 states in:

Indicator	Children/ Youth	Youth in high school	Adults	Adults
	Age 2-17	Grades 9-12	Age 18+	Age 26+
Used methamphetamines one or more times during their lifetime.		✓		
Used prescription drugs one or more times in their life without a doctor's prescription.		✓		
Children with a mental health diagnosis.	✓			
Youth who reported that they did not eat for 24 or more hours.		✓		
Youth who reported that they vomited or took laxatives to lose weight.		✓		
Youth who attempted suicide that resulted in an injury.		✓		
Adults who had serious thoughts of suicide.			✓	✓
Adults who are limited in any activities because of physical, mental or emotional problems.			✓	
Average number of reported poor mental health days.			✓	
Adults with any mental illness in past year.				✓

SECTION A: SUBSTANCE USE

3.Substance use dashboards

Youth (ages 12–17) substance use

Substance use of youth ages 12-17	2013-2014		
	US	TN	TN Rank
Alcohol			
Used alcohol in the past month.	11.6%	9.4%	■
Drank five or more drinks on one occasion in the past month.	6.2%	5.2%	■
With a dependence on or abuse of alcohol in the past year.	2.8%	2.5%	□
Perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.	39.1%	37.9%	□
Needing but not receiving substance abuse treatment for alcohol.	2.6%	2.4%	□
Marijuana			
Used marijuana in the past month.	7.2%	5.7%	□
Perceived a great risk of smoking marijuana once a month.	23.5%	25.5%	□
Illicit drug			
Used illicit drugs in the past month.	9.1%	7.5%	■
Used illicit drugs other than marijuana in the past month.	3.3%	2.9%	□
With a dependence on or abuse of illicit drugs or alcohol in the past year.	5.1%	4.7%	■
Needing but not receiving substance abuse treatment for illicit drugs.	3.3%	3.1%	□
Non-medical use of pain relievers			
Used pain relievers for nonmedical use in the past year.	4.7%	4.6%	□
Cocaine			
Used cocaine in the past year.	0.6%	0.4%	■
Cigarettes			
Used cigarettes in the past month.	5.2%	6.5%	□

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Youth in high school (grades 9–12) substance use

Substance use of youth in grades 9-12	US	2013 TN	TN Rank
Alcohol			
Had at least one drink of alcohol during the past 30 days.	34.9%	28.4%	□
Drank five or more drinks on the same occasion during the past 30 days.	20.8%	16.1%	□
Drank alcohol for the first time before the age of 13.	18.6%	18.8%	□
Rode with a driver who had been drinking alcohol during the past 30 days.	21.9%	19.8%	□
Marijuana			
Used marijuana during the past 30 days.	23.4%	21.4%	□
Cocaine			
Used any form of cocaine one or more times during the past 30 days.	5.5%	6.0%	□
Methamphetamines			
Used methamphetamines one or more times during their lifetime.	3.2%	4.9%	■
Non-medical use of prescription drugs			
Used prescription drugs one or more times in their lifetime without a doctor's prescription.	19.0%	17.8%	■
Cigarettes			
Smoked a cigarette on at least one day during the past 30 days.	15.7%	15.4%	□

Source: Youth Behavior Risk Surveillance System, Centers for Disease Control and Prevention

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Young adults (18–25) substance use

Substance use of young adults ages 18-25	2013-2014		
	US	TN	TN Rank
Alcohol			
Used alcohol in the past month.	59.6%	53.0%	■
Drank five or more drinks on the same occasion in the past month.	37.8%	31.2%	■
With a dependence on or abuse of alcohol in the past year.	12.6%	11.5%	■
Perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.	33.4%	33.7%	□
Needing but not receiving substance abuse treatment for alcohol.	12.2%	11.6%	□
Marijuana			
Used marijuana in the past month.	19.3%	14.7%	■
Perceived a great risk of smoking marijuana once a month.	14.2%	15.5%	□
Illicit drug			
Used illicit drugs in the past month.	21.8%	16.9%	■
Used illicit drugs other than marijuana in the past month.	6.6%	6.4%	□
With a dependence on or abuse of illicit drugs or alcohol in the past year.	16.8%	14.7%	■
Needing but not receiving substance abuse treatment for illicit drugs.	6.4%	5.8%	□
Non-medical use of pain relievers			
Used pain relievers for nonmedical use in the past year.	8.3%	8.3%	□
Cocaine			
Used cocaine in the past year.	4.5%	3.3%	□
Cigarettes			
Used cigarettes in the past month.	29.5%	32.7%	□

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Adults (18+) substance use

Substance use of adults ages 18+	2013-2014		
	US	TN	TN Rank
Alcohol			
Used alcohol in the past month.	56.7%	46.4%	■
Drank five or more drinks on the same occasion in the past month.	24.7%	19.3%	■
With a dependence on or abuse of alcohol in the past year.	6.9%	5.7%	■
Perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.	41.0%	45.2%	■
Needing but not receiving substance abuse treatment for alcohol.	6.6%	5.6%	■
Marijuana			
Used marijuana in the past month.	8.0%	5.5%	■
Perceived a great risk of smoking marijuana once a month.	27.8%	29.5%	□
Illicit drug			
Used illicit drugs in the past month.	9.8%	7.2%	■
Used illicit drugs other than marijuana in the past month.	3.3%	2.8%	■
With a dependence on or abuse of illicit drugs or alcohol in the past year.	8.5%	7.2%	■
Needing but not receiving substance abuse treatment for illicit drugs.	2.3%	2.0%	□
Non-medical use of pain relievers			
Used pain relievers for nonmedical use in the past year.	4.0%	3.9%	□
Cocaine			
Used cocaine in the past year.	1.8%	1.2%	■
Cigarettes			
Used cigarettes in the past month.	22.7%	24.5%	□

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Adults (26+) substance use

Substance use of adults ages 26+	2013-2014		
	US	TN	TN Rank
Alcohol			
Used alcohol in the past month.	56.2%	45.3%	■
Drank five or more drinks on the same occasion in the past month.	22.4%	17.3%	■
With a dependence on or abuse of alcohol in the past year.	5.9%	4.7%	■
Perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.	42.3%	47.2%	■
Needing but not receiving substance abuse treatment for alcohol.	5.6%	4.7%	■
Marijuana			
Used marijuana in the past month.	6.1%	4.0%	■
Perceived a great risk of smoking marijuana once a month.	30.1%	31.9%	□
Illicit drug			
Used illicit drugs in the past month.	7.8%	5.6%	■
Used illicit drugs other than marijuana in the past month.	2.7%	2.2%	■
With a dependence on or abuse of illicit drugs or alcohol in the past year.	7.1%	6.0%	■
Needing but not receiving substance abuse treatment for illicit drugs.	1.6%	1.4%	□
Non-medical use of pain relievers			
Used pain relievers for nonmedical use in the past year.	3.3%	3.1%	□
Cocaine			
Used cocaine in the past year.	1.3%	0.8%	■
Cigarettes			
Used cigarettes in the past month.	21.5%	23.1%	□

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

4. Substance use indicators for youth ages 12-17

4.1. Alcohol

4.1.1. Youth who used alcohol in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	11.3%	11.0%	10.2%	9.9%	9.4%
United States	14.2%	13.5%	13.1%	12.2%	11.6%
Range	7.6-19.2%	7.6-17.8%	7.5-17.6%	7.8-15.1%	6.8-14.6%
Tennessee National Ranking	2	2	2	2	5

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.1.2. Youth who drank five or more drinks on one occasion in the past month (binge drinking).

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.7%	6.2%	6.5%	6.1%	5.2%
United States	8.4%	7.6%	7.3%	6.7%	6.2%
Range	5.7-12.7%	5.3-10.2%	5.5-9.9%	5.8-8.7%	4.9-8.0%
Tennessee National Ranking	3	4	3	4	5

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.1.3. Youth with a dependence on or abuse of alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.7%	3.7%	3.3%	3.1%	2.5%
United States	4.6%	4.2%	3.6%	3.1%	2.8%
Range	3.3-6.7%	3.0-5.9%	2.7-4.9%	2.3-4.9%	2.1-3.9%
Tennessee National Ranking	5	7	11	19	11

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.1.4. Youth who perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	41.5%	41.0%	42.5%	42.2%	37.9%
United States	40.0%	40.6%	40.2%	39.3%	39.1%
Range	31.3-48.7%	33.2-52.3%	31.1-47.2%	30.0-45.7%	34.2-46.9%
Tennessee National Ranking	13	14	9	7	23

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

4.1.5. Youth needing but not receiving substance abuse treatment for alcohol.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.7%	3.6%	3.1%	2.8%	2.4%
United States	4.4%	4.0%	3.5%	3.0%	2.6%
Range	3.3-6.1%	2.9-5.5%	2.6-4.4%	2.3-4.3%	2.0-3.5%
Tennessee National Ranking	5	8	10	15	13

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.2. Marijuana

4.2.1. Youth who used marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	5.3%	6.2%	5.9%	6.0%	5.7%
United States	7.4%	7.6%	7.6%	7.1%	7.2%
Range	3.7-11.5%	3.7-14.0%	5.0-13.4%	4.8-12.9%	5.0-12.6%
Tennessee National Ranking	5	10	5	17	12

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.2.2. Youth who perceive a great risk of smoking marijuana once a month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	32.0%	30.9%	31.5%	29.0%	25.5%
United States	29.9%	28.6%	27.0%	25.3%	23.5%
Range	20.4-44.8%	20.5-44.3%	19.9-39.7%	19.1-32.3%	16.2-32.8%
Tennessee National Ranking	18	18	11	11	17

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.3. Illicit drugs

4.3.1. Youth who used illicit drugs in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	8.3%	8.9%	8.5%	8.2%	7.5%
United States	10.1%	10.1%	9.8%	9.2%	9.1%
Range	6.9-13.2%	5.9-15.4%	6.7-15.5%	6.1-15.1	6.3-14.6%
Tennessee National Ranking	6	13	9	20	9

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

4.3.2. Youth who used illicit drugs other than marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	4.5%	4.7%	4.2%	3.4%	2.9%
United States	4.5%	4.3%	3.9%	3.7%	3.3%
Range	3.6-5.5%	3.5-5.3%	2.7-5.5%	2.4-4.3%	2.4-4.9%
Tennessee National Ranking	26	44	39	29	18

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Any illicit drug other than marijuana includes cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

4.3.3. Youth with a dependence on or abuse of illicit drugs or alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.1%	6.8%	5.8%	5.2%	4.7%
United States	7.2%	7.1%	6.5%	5.7%	5.1%
Range	5.6-10.0%	5.6-9.9%	4.7-9.2%	4.6-7.2%	4.1-6.4%
Tennessee National Ranking	5	24	8	13	9

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

4.3.4. Youth needing but not receiving substance abuse treatment for illicit drugs.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.6%	4.1%	3.2%	3.0%	3.1%
United States	4.2%	4.3%	4.0%	3.5%	3.3%
Range	3.2-6.3%	3.2-6.7%	3.0-5.8%	2.3-4.8%	2.3-4.1%
Tennessee National Ranking	7	24	10	14	22

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.4. Nonmedical use of pain relievers

4.4.1. Youth who used pain relievers for nonmedical use in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.2%	6.9%	6.6%	5.2%	4.6%
United States	6.4%	6.1%	5.6%	5.0%	4.7%
Range	5.0-8.5%	4.6-8.6%	4.1-8.4%	3.5-7.1%	3.8-6.2%
Tennessee National Ranking	18	37	38	25	24

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Nonmedical pain relievers include (1) Darvocet-N®, Darvon®, or Tylenol® with codeine; (2) Percocet®, Percodan®, or Tylox®; and (3) Vicodin®, Lortab®, or Lorcet®/Lorcet Plus®. Additional drugs were (4) codeine; (5) Demerol®; (6) Dilaudid®; (7) Fioricet®; (8) Fiorinal®; (9) hydrocodone; (10) methadone; (11) morphine; (12) OxyContin®; (13) Phenaphen® with codeine; (14) propoxyphene; (15) SK-65®; (16) Stadol®; (17) Talacen®; (18) Talwin®; (19) Talwin® NX; (20) tramadol; and (21) Ultram®.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

4.5. Cocaine

4.5.1. Youth who used cocaine in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	0.9%	0.8%	0.8%	0.6%	0.4%
United States	1.0%	1.0%	0.8%	0.6%	0.6%
Range	0.6-1.3%	0.6-1.4%	0.6-1.3%	0.3-1.1%	0.3-1.0%
Tennessee National Ranking	19	12	28	31	10

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

4.6. Cigarettes

4.6.1. Youth who used cigarettes in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	9.3%	9.2%	8.7%	7.6%	6.5%
United States	8.7%	8.1%	7.2%	6.1%	5.2%
Range	5.7-13.5%	5.1-11.8%	5.4-11.6%	4.3-9.5%	3.7-8.6%
Tennessee National Ranking	25	32	36	39	35

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

5. Substance use indicators for youth in high school grades 9-12

5.1. Alcohol

5.1.1. Youth who had at least one drink of alcohol during the past 30 days.

	2005	2007	2009	2011	2013
Tennessee	41.8%	36.7%	33.5%	33.3%	28.4%
United States	43.3%	44.7%	41.8%	38.7%	34.9%
Range	15.8-49.2%	17.0-48.9%	18.2-47.5%	15.0-44.4%	11.0-39.3%
Tennessee National Ranking	15 of 40	3 of 40	4 of 42	9 of 43	11 of 41

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

5.1.2. Youth who drank five or more drinks on the same occasion during the past 30 days (binge drinking).

	2005	2007	2009	2011	2013
Tennessee	24.9%	21.7%	19.1%	18.6%	16.1%
United States	25.5%	26.0%	24.2%	21.9%	20.8%
Range	8.8-34.4%	11.7-32.7%	11.5-30.7%	9.1-26.5%	5.9-24.4%
Tennessee National Ranking	15 of 40	8 of 40	6 of 41	12 of 43	11 of 42

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

5.1.3. Youth who drank alcohol for the first time before the age of 13.

	2005	2007	2009	2011	2013
Tennessee	24.9%	21.7%	19.1%	18.6%	18.8%
United States	25.5%	26.0%	24.2%	21.9%	18.6%
Range	8.8-34.4%	11.7-32.7%	11.5-30.7%	9.1-26.5%	8.8-25.6%
Tennessee National Ranking	15 of 40	8 of 40	6 of 41	12 of 43	25 of 40

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

5.1.4. Youth who rode with a driver who had been drinking alcohol during the past 30 days.

	2005	2007	2009	2011	2013
Tennessee	25.1%	24.2%	22.2%	20.3%	19.8%
United States	28.5%	29.1%	28.3%	24.1%	21.9%
Range	13.4-37.4%	14.8-35.6%	13.6-37.1%	13.5-32.2%	12.4-29.6%
Tennessee National Ranking	12 of 40	10 of 39	8 of 39	7 of 39	14 of 38

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

5.2. Marijuana

5.2.1. Youth who used marijuana during the past 30 days.

	2005	2007	2009	2011	2013
Tennessee	19.5%	19.4%	20.1%	20.6%	21.4%
United States	20.2%	19.7%	20.8%	23.1%	23.4%
Range	7.6-26.2%	8.7-25.1%	10.0-28.0%	9.6-28.4%	7.6-27.8%
Tennessee National Ranking	24 of 39	24 of 40	19 of 42	19 of 43	30 of 42

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

5.3. Cocaine

5.3.1. Youth who used any form of cocaine one or more times during the past 30 days.

	2005	2007	2009	2011	2013
Tennessee	3.1%	2.9%	2.5%	2.7%	6.0%
United States	3.4%	3.3%	2.8%	3.0%	5.5%
Range	2.0-7.9%	1.7-6.6%	1.7-5.6%	1.4-5.2%	3.2-10.3%
Tennessee National Ranking	14 of 37	11 of 37	10 of 33	13 of 29	23 of 37

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

Note: Includes any form of cocaine (e.g., powder, crack, or freebase).

5.4. Methamphetamines

5.4.1. Youth who used methamphetamines one or more times during their lifetime.

	2005	2007	2009	2011	2013
Tennessee	5.6%	3.8%	3.0%	3.5%	4.9%
United States	6.2%	4.4%	4.1%	3.8%	3.2%
Range	2.6-11.7%	3.0-8.6%	2.3-7.9%	2.4-6.0%	1.6-8.9%
Tennessee National Ranking	16 of 39	5 of 39	5 of 39	17 of 37	29 of 35

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

5.5. Nonmedical use of prescription drugs

5.5.1. Youth who used prescription drugs one or more times in their lifetime without a doctor's prescription.					
	NA	NA	NA	2011	2013
Tennessee	NA	NA	NA	19.9%	17.8%
United States	NA	NA	NA	20.7%	19.0%
Range	NA	NA	NA	12.4-22.1%	8.7-21.5%
Tennessee National Ranking	NA	NA	NA	28 of 35	29 of 34
Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.					
Notes: Prescription drugs include Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, Xanax or any other prescription drug used nonmedically.					

5.6. Cigarettes

5.6.1. Youth who smoked a cigarette on at least one day in the past 30 days.					
	2005	2007	2009	2011	2013
Tennessee	26.3%	25.5%	20.9%	21.6%	15.4%
United States	23.0%	20.0%	19.5%	18.1%	15.7%
Range	7.4-28.6%	7.9-27.6%	8.5-26.1%	5.9-24.1%	4.4-19.6%
Tennessee National Ranking	38 of 40	38 of 40	33 of 42	37 of 43	31 of 41
Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.					

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

6. Substance use indicators for young adults (18-25)

6.1. Alcohol

6.1.1. Young adults who used alcohol in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	51.4%	52.9%	49.7%	48.0%	53.0%
United States	61.6%	61.0%	60.5%	59.9%	59.6%
Range	32.5-74.3%	31.3-73.9%	33.4-73.6%	34.5-73.2%	36.6-71.5%
Tennessee National Ranking	3	7	3	2	5

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.1.2. Young adults who drank five or more drinks on one occasion in the past month (binge drinking).

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	31.9%	33.0%	31.6%	29.6%	31.2%
United States	41.2%	40.2%	39.7%	38.7%	37.8%
Range	23.6-51.3%	22.9-52.9%	24.2-53.9%	26.2-53.7%	26.1-50.1%
Tennessee National Ranking	2	5	4	2	2

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Binge alcohol use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other).

6.1.3. Young adults with a dependence on or abuse of alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	14.0%	13.5%	12.2%	11.6%	11.5%
United States	15.9%	15.0%	14.4%	13.7%	12.6%
Range	11.5-22.9%	10.1-20.7%	10.6-19.7%	11.0-19.2%	10.1-17.2%
Tennessee National Ranking	7	12	8	5	9

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.1.4. Young adults who perceive a great risk of having five or more drinks of an alcoholic beverage once or twice a week.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	34.5%	35.3%	37.8%	38.6%	33.7%
United States	33.4%	34.1%	34.5%	33.8%	33.4%
Range	22.9-41.5%	23.9-41.6%	24.8-41.0%	21.3-40.0%	22.2-42.0%
Tennessee National Ranking	15	17	10	5	16

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

6.1.5. Young adults needing but not receiving substance abuse treatment for alcohol use in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	13.6%	13.0%	12.3%	11.7%	11.6%
United States	15.3%	14.5%	13.9%	13.3%	12.2%
Range	11.5-21.4%	9.9-20.5%	9.8-19.1%	10.3-18.7%	9.7-16.6%
Tennessee National Ranking	11	13	8	6	13

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.2. Marijuana

6.2.1. Young adults who used marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	14.2%	15.0%	14.7%	15.0%	14.7%
United States	18.4%	18.8%	18.9%	18.9%	19.3%
Range	7.7-32.0%	8.3-33.2%	9.8-33.2%	10.9-29.8%	11.6-31.2%
Tennessee National Ranking	8	12	11	13	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.2.2. Young adults who perceive a great risk of smoking marijuana once a month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	18.7%	19.2%	19.2%	18.7%	15.5%
United States	19.2%	18.3%	17.4%	15.8%	14.2%
Range	10.5-28.5%	9.9-27.3%	9.5-26.4%	7.9-24.4%	6.0-22.8%
Tennessee National Ranking	24	15	12	8	13

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.3. Illicit drugs

6.3.1. Young adults who used illicit drugs in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	17.6%	18.8%	18.0%	17.6%	16.9%
United States	21.5%	21.5%	21.4%	21.4%	21.8%
Range	12.0-35.1%	10.5-35.0%	13.1-33.3%	13.8-31.9%	14.1-33.8%
Tennessee National Ranking	7	16	13	14	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

6.3.2. Young adults who used illicit drugs other than marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	8.2%	9.0%	8.2%	6.9%	6.4%
United States	8.2%	7.5%	7.0%	6.9%	6.6%
Range	5.1-12.7%	4.8-11.3%	4.8-9.7%	5.0-10.0%	4.6-11.4%
Tennessee National Ranking	26	41	42	28	22

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Any illicit drug other than marijuana includes cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

6.3.3. Young adults with a dependence on or abuse of illicit drugs or alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	18.3%	19.1%	17.3%	16.1%	14.7%
United States	20.0%	19.3%	18.7%	18.1%	16.8%
Range	16.3-25.9%	14.2-25.2%	14.5-23.4%	14.7-23.7%	14.1-21.2%
Tennessee National Ranking	9	20	11	5	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

6.3.4. Young adults needing but not receiving substance abuse treatment for illicit drugs.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.0%	7.8%	7.5%	6.6%	5.8%
United States	7.1%	7.0%	7.0%	7.0%	6.4%
Range	4.9-9.6%	4.6-10.3%	5.0-9.3%	5.2-8.6%	5.3-8.1%
Tennessee National Ranking	7	39	14	19	11

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.4. Nonmedical use of pain relievers

6.4.1. Young adults who used pain relievers for nonmedical use in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	11.9%	13.1%	12.1%	9.5%	8.3%
United States	11.5%	10.4%	10.0%	9.5%	8.3%
Range	8.5-15.7%	7.8-15.0%	8.0-13.8%	7.6-12.2%	7.0-11.0%
Tennessee National Ranking	25	45	45	26	23

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Nonmedical pain relievers include (1) Darvocet-N®, Darvon®, or Tylenol® with codeine; (2) Percocet®, Percodan®, or Tylox®; and (3) Vicodin®, Lortab®, or Lorcet®/Lorcet Plus®. Additional drugs were (4) codeine; (5) Demerol®; (6) Dilaudid®; (7) Fioricet®; (8) Fiorinal®; (9) hydrocodone; (10) methadone; (11) morphine; (12) OxyContin®; (13) Phenaphen® with codeine; (14) propoxyphene; (15) SK-65®; (16) Stadol®; (17) Talacen®; (18) Talwin®; (19) Talwin® NX; (20) tramadol; and (21) Ultram®.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

6.5. Cocaine

6.5.1. Young adults who used cocaine in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.0%	3.2%	3.5%	3.2%	3.3%
United States	5.0%	4.6%	4.6%	4.5%	4.5%
Range	2.6-10.0%	2.3-9.0%	2.4-8.8%	2.6-8.1%	1.9-8.5%
Tennessee National Ranking	4	12	14	8	13

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

6.6. Cigarettes

6.6.1. Young adults who used cigarettes in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	40.0%	38.0%	34.8%	33.0%	32.7%
United States	35.1%	33.9%	32.6%	31.2%	29.5%
Range	23.5-43.9%	22.7-42.3%	23.2-45.2%	23.6-40.1%	20.8-40.4%
Tennessee National Ranking	42	36	24	22	33

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

7. Substance use indicators for adults (18+)

7.1. Alcohol

7.1.1. Adults who used alcohol within the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	43.4%	N/A	N/A	41.6%	46.4%
United States	55.9%	N/A	N/A	56.3%	56.7%
Range	28.9-69.0%	N/A	N/A	34.6-70.1%	35.9-69.1%
Tennessee National Ranking	4	N/A	N/A	3	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

7.1.2. Adults who drank five or more drinks on one occasion within the past month (binge drinking).

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	18.7%	N/A	N/A	18.0%	19.3%
United States	25.0%	N/A	N/A	24.6%	24.7%
Range	14.3-31.9%	N/A	N/A	17.7-32.6%	17.4-32.2%
Tennessee National Ranking	2	N/A	N/A	2	2

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Binge alcohol use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other).

7.1.3. Adults with a dependence on or abuse of alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.7%	N/A	N/A	5.8%	5.7%
United States	7.6%	N/A	N/A	7.1%	6.9%
Range	5.9-9.5%	N/A	N/A	5.7-9.0%	5.5-8.2%
Tennessee National Ranking	7	N/A	N/A	2	2

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

7.1.4. Adults who perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	45.4%	N/A	N/A	46.7%	45.2%
United States	42.9%	N/A	N/A	42.1%	41.0%
Range	33.9-51.1%	N/A	N/A	33.9-46.8%	34.2-47.4%
Tennessee National Ranking	11	N/A	N/A	2	4

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

7.1.5. Adults needing but not receiving substance abuse treatment for alcohol.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.4%	N/A	N/A	5.7%	5.6%
United States	7.1%	N/A	N/A	6.8%	6.6%
Range	5.6-9.0%	N/A	N/A	5.4-8.4%	5.4-7.8%
Tennessee National Ranking	11	N/A	N/A	4	3

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

7.2. Marijuana

7.2.1. Adults who used marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	4.6%	N/A	N/A	5.4%	5.5%
United States	6.7%	N/A	N/A	7.4%	8.0%
Range	3.0-12.2%	N/A	N/A	4.3-14.2%	4.8-15.2%
Tennessee National Ranking	4	N/A	N/A	11	3

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

7.2.2. Adults who perceive a great risk of smoking marijuana once a month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	37.6%	N/A	N/A	36.6%	29.5%
United States	34.0%	N/A	N/A	29.9%	27.8%
Range	22.2-45.6%	N/A	N/A	18.7-40.0%	15.0-38.7%
Tennessee National Ranking	10	N/A	N/A	4	13

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

7.3. Illicit drugs

7.3.1. Adults who used illicit drugs in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	7.0%	N/A	N/A	7.1%	7.2%
United States	8.7%	N/A	N/A	9.3%	9.8%
Range	5.1-14.6%	N/A	N/A	6.0-15.8%	5.8-17.1%
Tennessee National Ranking	11	N/A	N/A	9	5

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

7.3.2. Adults who used illicit drugs other than marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.6%	N/A	N/A	3.1%	2.8%
United States	3.5%	N/A	N/A	3.4%	3.3%
Range	2.1-4.7%	N/A	N/A	2.2-4.3%	2.1-4.3%
Tennessee National Ranking	29	N/A	N/A	23	10

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs other than marijuana includes cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

7.3.3. Adults with a dependence on or abuse of illicit drugs or alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	8.3%	N/A	N/A	7.6%	7.2%
United States	9.1%	N/A	N/A	8.7%	8.5%
Range	7.6-11.1%	N/A	N/A	7.4-11.2%	7.2-10.4%
Tennessee National Ranking	12	N/A	N/A	3	1

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

7.3.4. Adults needing but not receiving substance abuse treatment for illicit drugs.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	2.2%	N/A	N/A	2.2%	2.0%
United States	2.4%	N/A	N/A	2.3%	2.3%
Range	1.7-2.8%	N/A	N/A	1.8-2.9%	1.8-2.8%
Tennessee National Ranking	18	N/A	N/A	17	12

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

7.4. Nonmedical use of pain relievers

7.4.1. Adults who used pain relievers for nonmedical use in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	4.3%	N/A	N/A	4.4%	3.9%
United States	4.7%	N/A	N/A	4.5%	4.0%
Range	3.4-6.9%	N/A	N/A	3.5-5.7%	3.1-4.9%
Tennessee National Ranking	13	N/A	N/A	25	22

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration
 Note: Nonmedical pain relievers include (1) Darvocet-N®, Darvon®, or Tylenol® with codeine; (2) Percocet®, Percodan®, or Tylox®; and (3) Vicodin®, Lortab®, or Lorcet®/Lorcet Plus®. Additional drugs were (4) codeine; (5) Demerol®; (6) Dilaudid®; (7) Fioricet®; (8) Fiorinal®; (9) hydrocodone; (10) methadone; (11) morphine; (12) OxyContin®; (13) Phenaphen® with codeine; (14) propoxyphene; (15) SK-65®; (16) Stadol®; (17) Talacen®; (18) Talwin®; (19) Talwin® NX; (20) tramadol; and (21) Ultram®.

7.5. Cocaine

7.5.1. Adults who used cocaine in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	1.3%	N/A	N/A	1.4%	1.2%
United States	1.9%	N/A	N/A	1.8%	1.8%
Range	1.0-3.3%	N/A	N/A	1.1-2.9%	1.0-2.7%
Tennessee National Ranking	8	N/A	N/A	11	7

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration

7.6. Cigarettes

7.6.1. Adults who used cigarettes in the past month.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	29.7%	N/A	N/A	27.1%	24.5%
United States	24.7%	N/A	N/A	23.3%	22.7%
Range	17.2-33.9%	N/A	N/A	17.6-33.2%	16.5-32.6%
Tennessee National Ranking	46	N/A	N/A	37	32

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration

Top 10 or top 20%
 Middle 30 or middle 60%
 Bottom 10 or bottom 20%

8. Substance use indicators for adults (26+)

8.1. Alcohol

8.1.1. Adults who used alcohol within the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	42.1%	43.4%	40.9%	40.5%	45.3%
United States	54.9%	55.0%	55.3%	55.7%	56.2%
Range	28.1-68.8%	27.0-67.2%	32.5-67.8%	34.6-69.6%	35.2-68.8%
Tennessee National Ranking	4	6	3	3	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

8.1.2. Adults who drank five or more drinks on one occasion within the past month (binge drinking).

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	16.6%	17.5%	17.2%	16.1%	17.3%
United States	22.2%	21.8%	21.8%	22.2%	22.4%
Range	12.0-28.8%	13.6-28.1%	15.7-28.0%	15.8-29.9%	15.5-29.2%
Tennessee National Ranking	2	2	3	2	2

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Binge alcohol use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other).

8.1.3. Adults with a dependence on or abuse of alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	5.5%	5.2%	5.0%	4.9%	4.7%
United States	6.1%	5.7%	5.7%	5.9%	5.9%
Range	4.6-7.5%	3.4-8.1%	3.8-8.0%	4.4-7.3%	4.6-7.2%
Tennessee National Ranking	10	15	10	3	3

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

8.1.4. Adults who perceived a great risk of having five or more drinks of an alcoholic beverage once or twice per week.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	47.1%	45.0%	44.0%	48.0%	47.2%
United States	44.5%	44.3%	43.8%	43.5%	42.3%
Range	35.5-54.3%	37.0-52.5%	36.4-48.6%	35.6-48.4%	35.2-48.4%
Tennessee National Ranking	9	15	18	2	2

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

8.1.5. Adults needing but not receiving substance abuse treatment for alcohol.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	5.3%	5.1%	4.9%	4.7%	4.7%
United States	5.7%	5.4%	5.4%	5.6%	5.6%
Range	4.2-7.1%	3.0-7.9%	3.6-7.8%	4.3-6.8%	4.6-6.5%
Tennessee National Ranking	13	16	14	3	3

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

8.2. Marijuana

8.2.1. Adults who used marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.1%	3.8%	3.8%	3.8%	4.0%
United States	4.7%	4.8%	5.1%	5.4%	6.1%
Range	1.9-9.8%	2.4-9.5%	2.6-11.2%	2.9-11.2%	3.3-12.5%
Tennessee National Ranking	5	16	14	13	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

8.2.2. Adults who perceive a great risk of smoking marijuana once a month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	40.5%	37.2%	38.7%	39.5%	31.9%
United States	36.5%	35.2%	34.4%	32.4%	30.1%
Range	23.8-48.9%	22.6-44.7%	21.9-42.9%	19.9-43.5%	16.5-41.7%
Tennessee National Ranking	9	15	9	4	13

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

8.3. Illicit drugs

8.3.1. Adults who used illicit drugs in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	5.3%	5.7%	5.2%	5.3%	5.6%
United States	6.5%	6.5%	6.7%	7.2%	7.8%
Range	3.5-12.0%	3.5-11.8%	3.7-12.3%	4.4-12.7%	4.3-14.2%
Tennessee National Ranking	17	17	12	11	6

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

8.3.2. Adults who used illicit drugs other than marijuana in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	2.9%	2.7%	2.5%	2.5%	2.2%
United States	2.7%	2.5%	2.5%	2.7%	2.7%
Range	1.5-3.8%	1.6-3.9%	1.7-3.8%	1.7-3.6%	1.6-3.7%
Tennessee National Ranking	33	33	27	24	7

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs other than marijuana includes cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

8.3.3. Adults with a dependence on or abuse of illicit drugs or alcohol in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	6.7%	6.6%	6.4%	6.2%	6.0%
United States	7.1%	6.6%	6.7%	7.0%	7.1%
Range	5.5-8.8%	4.5-9.2%	5.0-8.7%	5.7-9.0%	5.7-8.5%
Tennessee National Ranking	14	23	16	4	2

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used non-medically.

8.3.4. Adults needing but not receiving substance abuse treatment for illicit drugs.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	1.6%	1.6%	1.5%	1.5%	1.4%
United States	1.5%	1.3%	1.4%	1.5%	1.6%
Range	1.0-1.8%	1.0-1.7%	0.9-1.8%	1.1-2.0%	1.2-2.0%
Tennessee National Ranking	13	16	14	24	15

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

8.4. Nonmedical use of pain relievers

8.4.1. Adults who used pain relievers for nonmedical use in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.1%	3.5%	3.8%	3.5%	3.1%
United States	3.5%	3.4%	3.5%	3.6%	3.3%
Range	2.4-5.3%	2.4-4.9%	2.6-4.3%	2.7-4.7%	2.5-4.1%
Tennessee National Ranking	13	31	35	26	23

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration

Note: Nonmedical pain relievers include (1) Darvocet-N®, Darvon®, or Tylenol® with codeine; (2) Percocet®, Percodan®, or Tylox®; and (3) Vicodin®, Lortab®, or Lorcet®/Lorcet Plus®. Additional drugs were (4) codeine; (5) Demerol®; (6) Dilaudid®; (7) Fioricet®; (8) Fiorinal®; (9) hydrocodone; (10) methadone; (11) morphine; (12) OxyContin®; (13) Phenaphen® with codeine; (14) propoxyphene; (15) SK-65®; (16) Stadol®; (17) Talacen®; (18) Talwin®; (19) Talwin® NX; (20) tramadol; and (21) Ultram®.

8.5. Cocaine

8.5.1. Adults who used cocaine in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	1.0%	1.0%	1.1%	1.1%	0.8%
United States	1.4%	1.2%	1.2%	1.3%	1.3%
Range	0.6-2.4%	0.6-1.9%	0.7-2.0%	0.8-2.0%	0.7-2.0%
Tennessee National Ranking	14	18	22	18	7

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration

8.6. Cigarettes

8.6.1. Adults who used cigarettes in the past month.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	28.2%	28.1%	28.2%	26.1%	23.1%
United States	22.9%	22.4%	22.1%	22.0%	21.5%
Range	15.6-32.3%	13.0-31.9%	15.8-32.8%	16.1-32.1%	15.1-31.4%
Tennessee National Ranking	46	18	22	38	31

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

SECTION B: MENTAL HEALTH

9. Mental health dashboards

Children and youth (2–17) mental health

Mental health for children and youth ages 2-17		2011-2012		
		US	TN	TN Rank
Mental health issues				
Children with a parent who reports that a doctor has told them their child has autism, developmental delays, depression, anxiety, ADD/ADHD, or behavioral/conduct problems. ¹		17.0%	21.0%	■
Mental health care access				
Children with emotional, developmental, or behavioral problems that received mental health care/counseling of some type during the past 12 months. ²		61.0%	60.2%	□
Mental health for children and youth ages 12-17		2013-2014		
		US	TN	TN Rank
Depression				
Youth who had at least one major depressive episode in the past year. ³		11.0%	9.9%	■

Sources:

1. The Annie E. Casey Foundation, KIDS COUNT Data Center. National Survey of Children's Health data.
2. The Henry J. Kaiser Family Foundation's State Health Facts. National Survey of Children's Health data.
3. National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Youth in high school (grades 9–12) mental health

Mental health of youth in grades 9-12	US	2013 TN	TN Rank
Depression			
Youth feeling sad or hopeless (almost every day for two weeks or more in a row).	29.9%	28.3%	□
Eating disorders			
Youth who reported that they did not eat for 24 or more hours to lose weight or keep from gaining weight during the past month (fasting).	13.0%	15.5%	■
Youth who reported that they vomited or took laxatives to lose weight or keep from gaining weight during the past month (purging).	4.4%	6.5%	■
Suicides			
Youth who attempted suicide in the past 12 months.	8.0%	9.0%	□
Youth that made a plan about how they would attempt suicide (during the 12 months before the survey).	13.6%	13.5%	□
Youth who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.	2.7%	4.4%	■
Bullying			
Youth who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting).	14.8%	15.5%	□
Youth who were bullied on school property.	19.6%	21.1%	□

Source: Centers for Disease Control & Prevention. Youth Risk Behavior Survey.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Young adults (18–25) mental health

Mental health of young adults ages 18-25	2013-2014		
	US	TN	TN Rank
Mental health issues			
Young adults with any mental illness in the past year.	19.8%	19.9%	□
Young adults with serious mental illness.	4.5%	4.7%	□
Depression			
Young adults who had at least one major depressive episode in the past year.	11.0%	9.9%	□
Suicides			
Young adults who had serious thoughts of suicide in the past year.	7.4%	7.6%	□

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Adults (18+) mental health

Mental health of adults ages 18+		2014	
	US	TN	TN Rank
Mental health issues			
Adults with any mental illness in the past year.	18.3%	20.4%	□
Adults with serious mental illness.	4.2%	4.7%	□
Depression			
Adults who had at least one major depressive episode in the past year.	6.6%	7.0%	□
Suicides			
Adults who had serious thoughts of suicide in the past year.	3.9%	4.4%	■

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration.

Other mental health indicators

Adults who are limited in any activities because of physical, mental or emotional problems. ¹	20.4%	25.9%	■
Average number of reported poor mental health days. ²	3.7	4.8	■
Adults having poor mental health days. ³	3.4%	3.4%	□

Sources:

1. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey data.

2. Health Indicators Warehouse. Behavioral Risk Factor Surveillance System Survey data.

3. The Henry J. Kaiser Family Foundation, State Health Facts. Behavioral Risk Factor Surveillance System Survey data.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

Adults (26+) mental health

Mental health of adults ages 26+	2013-2014		
	US %	TN %	TN Rank
Mental health issues			
Adults with any mental illness in the past year.	18.1%	20.5%	■
Adults with serious mental illness.	4.1%	4.7%	□
Depression			
Adults who had at least one major depressive episode in the past year.	6.2%	6.7%	□
Suicides			
Adults who had serious thoughts of suicide in the past year.	3.3%	3.9%	■

Source: National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration.

Legend

US and TN Percentages: Indicate prevalence for the group indicated in the table.

TN Rank: Compares most recent year's data for Tennessee with data from other states. A higher ranking indicates that the state has a lower prevalence or positive outcome. (See data tables for specific ranking.)

- (Top 10 or top 20%)
- (Middle 30 or middle 60%)
- (Bottom 10 or bottom 20%)

10. Mental Health for children and youth

10.1. Mental health indicators for children and youth (ages 2-17)

10.1.1. Children with a parent who reports that a doctor has told them their child has autism, developmental delays, depression, anxiety, ADD/ADHD, or behavioral/conduct problems.

	NA	2007	NA	NA	2011-2012
Tennessee	NA	16.0%	NA	NA	21.0%
United States	NA	15.0%	NA	NA	17.0%
Range	NA	12.0-20.0%	NA	NA	12.0-24.0%
Tennessee National Ranking	NA	21	NA	NA	43

Source: The Annie E. Casey Foundation, KIDS COUNT Data Center.

Notes: The KIDS COUNT® Data Center identifies the source of these data as a Child Trends analysis of data from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey on Children's Health.

10.1.2. Children with emotional, developmental, or behavioral problems that received mental health care/counseling of some type during the past 12 months.

	NA	2007	NA	NA	2011
Tennessee	NA	64.1%	NA	NA	60.2%
United States	NA	60.0%	NA	NA	61.0%
Range	NA	41.7-81.5%	NA	NA	40.4-86.3%
Tennessee National Ranking	NA	27	NA	NA	29

Source: The Kaiser Family Foundation's State Health Facts.

Note: 2007 data are the estimated percentages after applying the sampling weights.

10.2. Mental health indicators for children and youth (ages 12-17)

10.2.1. Youth who had at least one major depressive episode in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	8.3%	8.3%	8.6%	9.4%	9.9%
United States	8.1%	8.2%	8.7%	9.9%	11.0%
Range	6.9-9.6%	7.1-9.6%	7.3-11.7%	7.9-12.6%	9.0-14.6%
Tennessee National Ranking	29	27	24	16	8

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Note: Major depressive episode is defined in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) as a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

11. Mental health indicators for youth in high school grades 9–12

11.1. Depression

11.1.1. Youth who reported feeling sad or hopeless (almost every day for two weeks or more in a row).

	2005	2007	2009	2011	2013
Tennessee	31.0%	26.8%	27.6%	25.9%	28.3%
United States	28.5%	28.5%	26.1%	28.5%	29.9%
Range	20.3-34.3%	17.1-32.5%	20.8-34.9%	19.2-33.6%	19.5-36.4%
Tennessee National Ranking	35 of 39	22 of 40	25 of 40	22 of 42	31 of 42

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

11.2. Eating disorders

11.2.1. Youth who reported that they did not eat for 24 or more hours to lose weight or keep from gaining weight in the past month (fasting).

	2005	2007	2009	2011	2013
Tennessee	11.5%	11.5%	12.2%	13.3%	15.5%
United States	12.3%	11.8%	10.6%	12.2%	13.0%
Range	8.9-16.1%	9.7-15.0%	7.7-16.6%	8.4-17.7%	9.6-16.7%
Tennessee National Ranking	11 of 35	11 of 34	24 of 35	22 of 33	24 of 28

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

11.2.2. Youth who reported that they vomited or took laxatives to lose weight or keep from gaining weight in the past month (purging).

	2005	2007	2009	2011	2013
Tennessee	4.1%	4.1%	3.5%	4.1%	6.5%
United States	4.5%	4.3%	4.0%	4.3%	4.4%
Range	3.2-8.9%	3.6-7.9%	3.5-9.3%	2.9-8.4%	3.6-9.0%
Tennessee National Ranking	6 of 38	4 of 37	1 of 37	7 of 35	26 of 32

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

11.3. Suicides

11.3.1. Youth who attempted suicide in the past 12 months.

	2005	2007	2009	2011	2013
Tennessee	9.4%	7.4%	7.1%	6.2%	9.0%
United States	8.4%	6.9%	6.3%	7.8%	8.0%
Range	6.2-13.1%	4.8-14.3%	4.3-12.8%	3.6-11.3%	5.5-14.3%
Tennessee National Ranking	26 of 39	13 of 40	13 of 41	8 of 42	16 of 40

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

11.3.2. Youth that made a plan about how they would attempt suicide (during the 12 months before the survey).

	2005	2007	2009	2011	2013
Tennessee	14.0%	10.2%	11.7%	11.1%	13.5%
United States	13.0%	11.3%	10.9%	12.8%	13.6%
Range	9.6-17.2%	8.1-17.8%	8.7-16.0%	8.4-16.3%	9.8-17.4%
Tennessee National Ranking	24 of 39	12 of 40	24 of 40	13 of 41	23 of 39

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

11.3.3. Youth who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

	2005	2007	2009	2011	2013
Tennessee	2.4%	2.2%	2.2%	2.2%	4.4%
United States	2.3%	2.0%	1.9%	2.4%	2.7%
Range	1.0-5.1%	1.5-4.8%	1.6-4.9%	1.1-5.4%	1.4-5.6%
Tennessee National Ranking	13 of 37	10 of 37	9 of 39	6 of 39	31 of 34

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

11.4. Bullying

11.4.1. Youth who were electronically bullied.

	NA	NA	NA	2011	2013
Tennessee	NA	NA	NA	13.9%	15.5%
United States	NA	NA	NA	16.2%	14.8%
Range	NA	NA	NA	12.3-21.6%	11.9-20.6%
Tennessee National Ranking	NA	NA	NA	7 of 40	21 of 40

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

Note: Includes being bullied through e-mail, chat rooms, instant messaging, websites, or texting.

11.4.2. Youth who were bullied on school property.

	NA	NA	2009	2011	2013
Tennessee	NA	NA	17.3%	17.5%	21.1%
United States	NA	NA	19.9%	20.1%	19.6%
Range	NA	NA	13.4-24.4%	14.0-26.7%	15.7-26.3%
Tennessee National Ranking	NA	NA	8 of 34	7 of 41	20 of 40

Source: Centers for Disease Control and Prevention. Youth Risk Behavior Survey.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

12. Mental health indicators for young adults (18–25)

12.1. Any mental illness / serious mental illness

12.1.1. Young adults with any mental illness in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	17.2%	17.2%	18.6%	19.4%	19.9%
United States	18.0%	18.3%	19.1%	19.5%	19.8%
Range	15.9-22.5%	15.9-22.4%	16.3-25.0%	16.4-26.9%	16.3-26.5%
Tennessee National Ranking	9	6	16	21	21

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Any mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that met the criteria found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

12.1.2. Young adults with serious mental illness in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.2%	3.7%	4.0%	4.2%	4.7%
United States	3.6%	3.9%	4.0%	4.2%	4.5%
Range	3.0-4.9%	3.4-4.9%	3.3-4.9%	3.5-5.8%	3.7-6.4%
Tennessee National Ranking	4	11	18	20	24

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Serious mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that met the criteria found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and resulted in serious functional impairment.

12.2. Depression

12.2.1. Young adults who had at least one major depressive episode in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	7.8%	7.8%	7.9%	8.5%	8.9%
United States	8.2%	8.3%	8.6%	8.8%	9.0%
Range	6.5-10.4%	7.0-9.8%	7.3-10.9%	7.4-12.9%	6.9-11.8%
Tennessee National Ranking	16	11	9	16	21

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Major depressive episode is defined as in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), which specifies a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specific depressed symptoms.

12.3. Suicides

12.3.1. Young adults who had serious thoughts of suicide in the past year.

	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	5.6%	6.1%	6.6%	7.7%	7.6%
United States	6.4%	6.7%	7.0%	7.3%	7.4%
Range	5.6-7.7%	6.0-8.1%	5.6-8.7%	5.8-9.4%	6.2-10.3%
Tennessee National Ranking	1	3	9	37	31

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

13. Mental health indicators for adults (18+)

13.1. Any mental illness / serious mental illness

13.1.1. Adults with any mental illness in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	21.2%	21.4%	20.3%	20.5%	20.4%
United States	18.1%	17.9%	18.2%	18.5%	18.3%
Range	15.6-22.9%	15.7-22.8%	14.7-22.4%	15.6-22.3%	16.0-22.7%
Tennessee National Ranking	47	46	43	46	42

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Any mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that met the criteria found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

13.1.2. Adults with serious mental illness in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	4.2%	4.3%	4.3%	4.6%	4.7%
United States	3.9%	4.0%	4.0%	4.1%	4.2%
Range	3.2-5.1%	3.1-5.7%	3.1-5.5%	3.3-5.5%	3.3-5.5%
Tennessee National Ranking	31	29	28	33	35

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Serious mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that met the criteria found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and resulted in serious functional impairment.

13.2. Depression

13.2.1. Adults who reported having at least one major depressive episode in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	7.4%	7.1%	6.8%	7.0%	7.0%
United States	6.7%	6.7%	6.7%	6.8%	6.6%
Range	5.9-8.2%	5.6-8.5%	5.4-9.0%	5.6-9.4%	5.3-8.3%
Tennessee National Ranking	39	32	21	29	30

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Major depressive episode is defined in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) as a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

13.3. Suicides

13.3.1. Adults who had serious thoughts of suicide in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.6%	3.7%	3.5%	4.0%	4.4%
United States	3.8%	3.7%	3.8%	3.9%	3.9%
Range	3.1-5.0%	2.9-4.8%	3.3-4.7%	3.5-4.8%	3.3-4.9%
Tennessee National Ranking	13	16	5	24	41

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

13.4. Other mental health indicators

13.4.1. Adults who are limited in any activities because of physical, mental or emotional problems.

	2010	2011	2012	2013	2014
Tennessee	23.9%	26.1%	23.1%	25.1%	25.9%
United States	21.2%	24.3%	20.1%	19.7%	20.4%
Range	16.2-28.2%	18.9-31.4%	15.4-28.6%	15.2-27.6%	15.2%-29.1%
Tennessee National Ranking	39	36	38	46	46

Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data.

13.4.2. Average number of days in the past 30 days that adults self-reported their mental health was not good.

	2011	2012	2013	2014	2015
Tennessee	3.1	3.8	4.0	3.7	4.8
United States	3.4	3.8	3.9	3.7	3.7
Range	NA	NA	NA	NA	2.7-4.8
Tennessee National Ranking	11	25	30	24	50

Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data.

13.4.3. Average number of reported mentally unhealthy days per month.

	NA	2003-2009	2004-2010	2005-2011	2006-2012
Tennessee	NA	3.4%	3.4%	3.3%	3.4%
United States	NA	3.3%	3.3%	3.3%	3.4%
Range	NA	2.5-4.5%	2.4-4.4%	2.4-4.4%	2.4-4.3%
Tennessee National Ranking	NA	28	28	20	26

Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%

14. Mental health of adults (26+)

14.1. Any mental illness / serious mental illness

14.1.1. Adults with any mental illness in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	21.8%	22.1%	20.5%	20.7%	20.5%
United States	18.1%	17.8%	18.0%	18.4%	18.1%
Range	15.3-23.0%	15.5-23.2%	14.3-22.2%	15.1-22.0%	15.4-22.3%
Tennessee National Ranking	48	48	43	45	46

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Any mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that met the criteria found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

14.1.2. Adults with serious mental illness in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	4.3%	4.5%	4.3%	4.7%	4.7%
United States	3.9%	4.0%	4.0%	4.1%	4.1%
Range	3.2-5.3%	3.0-6.0%	3.0-5.6%	3.2-5.6%	3.1-5.6%
Tennessee National Ranking	33	31	29	36	38

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Serious mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that met the criteria found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and resulted in serious functional impairment.

14.2. Depression

14.2.1. Adults who had at least one major depressive episode in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	7.3%	7.0%	6.6%	6.8%	6.7%
United States	6.5%	6.4%	6.4%	6.4%	6.2%
Range	5.5-7.9%	5.3-8.4%	5.0-8.6%	5.1-8.7%	5.0-7.9%
Tennessee National Ranking	43	34	27	35	32

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Notes: Major depressive episode is defined in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) as a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

14.3. Suicides

14.3.1. Adults who had serious thoughts of suicide in the past year.					
	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014
Tennessee	3.3%	3.4%	3.0%	3.4%	3.9%
United States	3.3%	3.2%	3.2%	3.3%	3.3%
Range	2.6-4.4%	2.3-4.4%	2.8-4.3%	2.9-4.3%	2.8-4.2%
Tennessee National Ranking	17	18	9	24	44

Source: National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

Top 10 or top 20%
Middle 30 or middle 60%
Bottom 10 or bottom 20%